



## ReadyCare Instant Puree Bread Mix

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	3 Tbsp.	1/2 cup	1 1/4 cups	2 1/2 cups
Water	4 Tbsp.	3/4 cup	1 1/2 cups	3 3/4 cups
Pan Size	Bread Mold	Bread Mold or Third-size steam table pan	Bread Mold or Half-size steam table pan	Bread Mold or Full - size steam table pan

### Preparation Instructions:

1. In bowl, combine bread mix and water.
1. Rapidly whisk with wire whip until well blended.
2. Immediately pour into recommended pans, which have been lightly sprayed with food release spray.
3. Using a metal or rubber spatula, evenly smooth the surface of the mixture.
4. Let bread mixture stand until set, about 10 minutes.
5. Invert pan onto cutting board. Un-mold, slice and serve while still warm or chilled.

## Recipes

### GARLIC BREAD

Add pinch of garlic for 1 serving, 1/4 tsp. garlic for 5 servings, 1 tsp. garlic for 10 servings, 2 tsp. garlic for 20 servings.  
Drizzle top with olive oil or melted butter

### PEANUT BUTTER & JELLY BREAD

Follow basic bread recipe adding 1 Tablespoon of peanut butter for each serving. Mix with water, and half of bread mix to blend. Then add remaining bread mix. Follow with step 3-6. Top with jelly before serving.

### PEANUT BUTTER COOKIES

Follow basic bread recipe for 5. Add 1/3 C Baking Sugar, 2T melted Butter and sub milk for water mixing well. Then add Peanut Butter. Mix, set aside for 1/2 hour and let mixture firm. Form small balls. Press with fork. Makes approximately 20 cookies.

### FORTIFIED MAPLE BREAD

Follow basic bread recipe but substitute thawed supplement for liquid. Let sit for 30 minutes, invert and slice, top with caramel sauce and serve. 2.0 with provide an additional 90 calories and 3 grams of protein per serving size listed above.  
**FORTIFY ANY RECIPE BY ADDING A LYONS PROTEIN POWDER OR BY SUBSTITUTING THE LIQUID IN THE RECIPE WITH A LYONS LIQUID SUPPLEMENT.**

### CHEESE PIZZA

Prepare basic bread recipe adding 1/4 tsp garlic and 1/4 tsp Italian seasoning. Pour into prepared pie plate for wedges or individual rounds on sheet pans for personal pizzas. Spread tops with pizza sauce and sprinkle with grated Parmesan cheese. Hold pizza warmed until serving.

### STUFFING/ TRADITIONAL

Follow basic bread recipe using double strength chicken broth, celery powder, onion powder, and poultry seasoning or sage to taste.

#### **Monkey Bread**

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	2 Tbsp.	1/2 cup	1 1/4 cups	2 1/2 cups
Ground Cinnamon	1/8 tsp.	1/2 tsp.	1 tsp.	2 tsp.
Granulated Sugar	1/8 tsp.	1/2 tsp.	1 tsp.	2 tsp.
Water	3 Tbsp.	3/4 cup	1 1/2 cups	3 3/4 cups
Pan Size	Bread mold	Bread Mold Or Third-size steam table pan	Bread Mold Or Half-size steam table pan	Bread Mold Or Full size steam table pan

#### Preparation Instructions:

1. In bowl, combine bread mix, ground cinnamon and granulated sugar.
2. Add water.
3. Rapidly whisk with wire whip until well blended.
4. Immediately pour mixture into recommended pans, which have been lightly sprayed with food release spray.
5. Using a metal or rubber spatula, evenly smooth the surface of the mixture.
6. Let mixture stand for 10 minutes.
7. Invert pan onto cutting board. Un-mold.

### CINNAMON ROLL

Follow above recipe. After bread mix has set (30 min.) invert bread onto cutting board, frost with cream cheese frosting, sprinkle with cinnamon sugar and cut into squares and serve.

Serving Suggestion: pour into prepared muffin cups.

#### **CHOCOLATE STRAWBERRY CAKE**

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	2 Tbsp.	1/2 cup	1 cup	2 cups
Sugar	1 tsp.	1 Tbsp.	2 Tbsp.	4 Tbsp.
Cocoa	1/2 tsp.	2 tsp.	1 Tbsp.	2 Tbsp.
Lyons Strawberry Sauce	1/2 tsp.	1 Tbsp.	3 Tbsp.	6 Tbsp.
Milk	2 Tbsp. + 2 tsp.	3/4 c. + 1 T. + 1 t.	1 2/3 cup.	3 1/3 cups
Pan Size	Standard size round muffin pan	Standard size round muffin pan	Standard size round cake pan	Standard size round cake pan(s)

#### Preparation Instructions:

1. Combine seedless strawberry jelly and milk.
2. In large mixing bowl combine cocoa, sugar and dry bread mix.
3. Whisk together bread mixture and milk mixture.
4. Immediately pour mixture into recommended pans, which have been lightly sprayed with food release spray.
5. Using a metal or rubber spatula, evenly smooth the surface of the mixture.
6. Let mixture stand for 30 minutes.
7. Invert pans. Un-mold and frost with chocolate frosting, cut and serve.

## STRAWBERRY SHORTCAKE

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	2 Tbsp.	1/2 cup	1 1/4 cups	2 1/2 cups
Granulated Sugar	1 tsp.	2 1/2 tsp.	2 Tbsp.	1/4 cup
Vanilla Extract	1/8 tsp.	1/4 tsp.	1/2 tsp.	1 tsp.
Water	3 Tbsp.	3/4 cup	1 1/2 cups	3 3/4 cups
Pan Size	Standard size round muffin pan(s)	Standard size round muffin pan(s)	Standard size round muffin pan(s)	Standard size round muffin pan(s)

### Preparation Instructions:

1. In bowl, combine bread mix and granulated sugar.
2. Add vanilla extract and water.
3. Rapidly whisk with wire whip until well blended.
4. Immediately pour mixture into recommended pans, which have been lightly sprayed with food release spray.
5. Using a metal or rubber spatula, evenly smooth the surface of the mixture.
6. Let mixture stand for 10 minutes.
7. Invert pans. Un-mold and serve.

Serving Suggestion: drizzle each serving with 2 ounces of Lyons pureed strawberries and top with prepared whipped topping.

**SPICE CAKE:** follow above recipe but replace water with Lyon's apple juice and add pumpkin pie spice & top with whipped cream.

**PINEAPPLE CAKE:** follow above shortcake recipe and add Lyons pineapple juice for water. Pour bread mix into round cake pan(s) or muffin pan sprayed with pan release spray. After bread mix has set (30 min.) invert cake pan and frost with vanilla frosting or top with whipped cream, slice and serve.

**ORANGE MUFFINS:** follow above shortcake recipe using Lyons orange juice for water. Drizzle muffin tops with soft icing or make a drizzle using orange juice and powdered sugar. Chocolate icing can offer a nice change up!

**COFFEE CAKE:** follow above shortcake recipe using brewed coffee in place of water and use a cinnamon/sugar blend. Dust top with powdered sugar and cocoa powder.

**BANANA NUT COFFEE CAKE:** follow shortcake recipe substituting almond extract in place of vanilla and add equal amount of banana syrup. Top with soft icing.

**TACOS:** follow basic bread recipe above substituting one half of the bread mix with one half yellow cornmeal.

**CORNBREAD:** follow basic bread recipe above substituting milk for water, sweeten to taste or as diets allow. Pour into prepared pans cut into squares.

**BISCUIT:** to prepare "dough" mix 1/2 cup & 1/4 cup Bread Mix and 2 Tbsp sugar. In another bowl mix 3/4 cup & 1/4 cup of milk with 1 Tbsp melted butter. Mix ingredients together. Pour into cupcake tins to form round biscuit. Makes 5 servings.

### PANCAKES

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	2 Tbsp.	1/2 cup	1 & ¼ C	2 & ½ C
Vanilla Extract	1/8 tsp.	1/2 Tbsp.	1 Tbsp.	2 Tbsp.
Buttermilk	1 TBS	3 TBS	6 TBS	¾ C
Hot Water 180 F	2 TBS	¾ C	1 ½ C	3 C
Pan Size	Small serving plate	1/3 steam table pan	½ size steam table pan	Full size steam table pan

Preparation Instructions:

1. Place bread mix in mixing bowl.
2. Add vanilla extract, hot water and buttermilk.
3. Rapidly whisk with wire whip until well blended.
4. Immediately pour mixture into recommended pans, which have been lightly sprayed with food release spray.
5. Using a metal or rubber spatula, evenly smooth the surface of the mixture.
6. Let mixture stand for 10 minutes.
7. Invert pan onto cutting board. Un-mold and cut using 3 inch round cookie cutters. Serve while still warm.

Serving Suggestion: drizzle each serving with melted butter and warm syrup such as maple, blueberry or strawberry.

### FRENCH TOAST

Ingredients	Number 1	Of 5	Servings 10	20
ReadyCare Instant Puree Bread Mix	2 Tbsp.	1/2 cup	1 & ¼ C	2 & ½ C
Nutmeg	Pinch	¼ tsp	½ tsp	2 tsp
Vanilla Extract	1/8 tsp	½ tsp	1 tsp	2 tsp
Hot Water 180 F	3 Tbsp	¾ C	1 @ ¾ C	3 ¾ cups
Pan Size	Bread Mold	Bread Molds or 1/3 steam table pan	Bread Molds or ½ size steam table pan	Bread Molds or Full size steam table pan

Preparation Instructions:

1. In bowl combine bread mix and nutmeg.
2. Add vanilla extract and hot water.
3. Rapidly whisk with wire whip until well blended.
4. Immediately pour mixture into recommended pans, which have been lightly sprayed with food release.
5. Using a metal or rubber spatula, evenly smooth the service of the mixture.
6. Let stand for 10 minutes
7. Invert pan onto cutting board. Un-mold, slice and serve while still warm.

Serving Suggestion: drizzle each serving with melted butter and serve with warm maple syrup. If desired, sprinkle with powdered sugar.

**LEMON BARS:** mix 2 c Bread Mix with ½ c sugar. In another bowl, mix 2 c cold water, 1 tsp lemon extract, & yellow food coloring as desired. Combine ingredients and pour into 12 x 8 pan that has been coated with food release. Allow to set for 30 minutes. Frost with lemon frosting.

**Lyons ReadyCare Instant Puree Bread Mix  
Individual Sandwich Directions  
(1 Sandwich)**

**Spray 2 slots on one of the bread mix molds with non-stick cooking spray.**

**Combine  $\frac{1}{4}$  cup bread mix with  $\frac{1}{3}$  cup of cold water.**

**Rapidly pour mixture into the 2 prepared bread mix molds making 2 slices of bread. (2oz per slice)**

**Let bread mix set up for 15 minutes.**

**Measure 2 or 3oz of sandwich filling to puree (tuna salad, ham salad, chicken salad, meat, fish, etc). Puree filling and set aside.**

**Invert bread mix molds and pop out slices of bread.**

**Place 2oz or 3oz of pureed sandwich filling on top of a slice of bread. Take the other slice of bread and layer on top making 3 layers. Cut into tea sandwiches.**

**Lyons ReadyCare Instant Puree Bread Mix  
Sandwiches  
(Makes 6 servings)**

**Spray an 8 X 8 inch pan with food release**

**1) Put 1 cup and 1/3 cup of water in a bowl. Add 2/3 cup bread mix. Mix with wire whip until well combined. Immediately pour mixture into prepared pan, using a metal or rubber spatula to smooth the surface.**

**2) While the bottom layer of the sandwich is setting up, puree the egg salad, ham salad, chicken salad, turkey, beef, fish etc.**

**-If the sandwich requirements are 2 oz of protein per sandwich, puree 12 oz of meat.**

**-If the sandwich requirements are 3 oz of protein per sandwich, puree 18 oz of meat.**

**3) Repeat step # 1. Spread evenly over the previous two layers.**

**4) Let sandwich stand 30 minutes before cutting. Makes 6 servings.**

**Lyons ReadyCare Instant Puree Bread Mix  
Sandwiches  
(Makes 8 servings)**

**Spray 1/4 sheet pan inch pan with food release**

**1) Put 1 1/2 cups cold water in bowl. Add 1 cup bread mix. Mix with wire whip until well combined. Immediately pour mixture into prepared pan, using a metal or rubber spatula to smooth the surface.**

**2) While the bottom layer of the sandwich is setting up, puree the egg salad, ham salad, chicken salad, turkey, beef, fish etc.**

**-If the sandwich requirements are 2oz of protein per sandwich, puree 16 oz of meat.**

**-If the sandwich requirements are 3 oz of protein per sandwich, puree 24 oz of meat.**

**3) Repeat step # 1. Spread evenly over the previous two layers.**

**4) Let sandwich stand 30 minutes before cutting. Makes 8 servings.**

## **Lyons ReadyCare Instant Puree BREAD MIX CINNAMON ROLL**

**Take a 9 X 13 cake pan (standard size cake pan)**

**Spray with non-stick pan release.**

**Put a piece of waxed paper on bottom of pan.**

**Mix 3 cups water and 2 cups bread mix.**

**Pour mixture into pan.**

**Let set up 45 minutes to an hour... the longer the better.**

**Take a knife and cut around bread mix so you can release from pan.**

**Turn pan upside down and tap bottom of pan so that bread mix falls out.**

**Spread cinnamon-sugar mix over bread mix. (The more, the better)!**

**Cut lengthwise 2 x 5 inch strips. Roll strip to look like cinnamon roll.**

**To frost, use commercial Vanilla Cream Cheese Frosting. (For Demo I take 1 large scoop and put in plastic baggie.) Microwave until frosting becomes a little runny (15 seconds or so).**

**Snip corner of frosting bag and drizzle over cinnamon rolls.**